

Behavioural Challenge Step Ladder – Example 1

Hierarchies (also known as step ladders) are a pivotal part of CBT and behaviour-based therapy.

Instructions:

1. Create a “goal”
2. List challenging, but achievable, steps to reach it
3. Give each step a score for how difficult it feels (0-10).
4. Work through the steps from the easiest to hardest

Note: only move up a step when you feel ready to do so. It might be worth repeating a step multiple times before moving upwards.

Example Goal: Give a prepared presentation during a staff meeting and answer questions

Steps to Reach Goal		Difficulty Rating (1-10)
1	Give a prepared presentation with no one present	2
2	Give the prepared presentation to someone you trust	4
3	Give the prepared presentation in the room you will do the meeting with no one present	5
4	Give an abridged version of the presentation to one or two co-workers and have them ask questions	7
5	Give the prepared presentation to one supervisor and have them ask questions	8
6	Give a prepared presentation during a staff meeting and answer questions	10